Helping families, friends, care staff and individuals recognise palliative care needs.

SPICT-4ALL

SPICT-4ALL uses non-medical words but is similar to the SPICT for health professionals. You can use it to help you ask about more help from a doctor, a nurse or another professional.

SPICT-4ALL aims to make it easier for everyone to recognise and talk about signs that a person’s overall health may be declining so that those people and their carers get better coordinated care and support whether they are at home, living in a care home or in hospital.

It can be difficult to know when to ask for more help and support or how to talk about this.

You may be the person who knows what is important, what is needed and what could help.

Cancers and family members can often see that a person is getting less well with one or more health problems. Making plans for care now and in the future is important.

SPICT-4ALL is for care staff, individuals and their families/close friends.

Cancer

• Unusual tiredness.
• Changes in weight.
• Changes in appetite.
• Early morning symptoms.
• Loss of appetite.
• Blood in stool.
• Change in bowel habits.
• New skin growth.
• MOOC.
• Blood in urine.
• Frequent infections.
• Unusual infections.
• Frequent coughing.
• Pain.
• Difficulty breathing.
• Difficulty swallowing.

People who are well and may die from other health problems or complications.

We need to plan early if the person might not be able to decide things for themselves in the future, they can choose people they trust to help make decisions for them.

Care and support whether they are at home, living in a care home or in hospital.

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